# CANCER-ALTERNATIVES PDF

## The 'Parr' Technique



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**For those PRESSED FOR TIME: SUGGESTIONS**

**Read pages 1-42 to understand basic what and why! (must!)**

(you don't need to remember every detail, only understand concepts)

(This is an EASY READ, get the IDEAS - no need to memorize)

**Jump to page 154 "Details" To Find out What I would Do**

(this is the "how to do" risk-less and low/moderate risk techniques to "achieve your goals" - something "you" define to prevent legal complications)

**At leisure you can read section B What Effectively kills/reverts**

(this section explains in depth with extensive references - I could not put this information before you without documentation and citation of scientific references so you can verify and understand why you are "achieving your goals")

# INTRODUCTION

Cancer *induces elevation of protein expression of some "growth and survival genes (e.g. NFkB gene)"* that are *chronically "turned on" in a pathological way*. Cancer also *silences the protein expression of other protective cancer thwarting "tumor suppressor" genes that would otherwise kill the cancer or revert it to a non-dividing cell*. This altered production or suppression of what gene products are expressed as protein is called "*epigenetic*" change. "Epigenetic" means that control lies above the level of mere sequences of DNA. Damaging change to the DNA sequence was once thought to be "sufficient" to initiate cancer, but this is far from certain *now that we know "epigenetic change" is ongoing even before this DNA damage*. This "epigenetic" change process can be reversed toward health *rather than cancer and premature aging*. *This especially includes cancer cells that have already incurred DNA damage returning back to harmless non-dividing cells or dying*. *This not only kills or reverts cancer cells, but* ***also reverts or eliminates abnormal cells slowly transforming into cancer cells.***

The epigentic elevation of active NFkB gene expression *is not only* ***critical in initiation of this epigenetic change to cancer****, it is a* ***"continued required synthesis" of the ongoing survival of individual cancer cells****, and* ***is even more critical to the survival of the most malignant (most invasive) cancer cells***.

These epigenetic changes in expression and certain other unique properties of *ALL CANCER* cells presents us with the scientifically validated ability to attack a small number of **Cancer Unique Vulnerabilities.** These **Cancer Unique Vulnerabilities** can be attacked with some *long used food components that have no risk and no toxicity at useful levels*. *Since these are not toxic, several can be used together.* Using multiple food components with little or no toxicity, can do all of these in a way the promotes *layer upon layer* of anti-cancer "***synergy***". Synergy is when two or more things done together has a much greater effect than when done separately in successive sequence. ((A&B together) >> A then B). Synergy *is very potent when you can do multiple independent actions that all target the same* **Cancer Unique Vulnerability**. Since there are only a few of these separate **Cancer Unique Vulnerabilities**, one can target all of them at no risk.

# *The Four* **Unique Cancer Vulnerabilities*:***

| **VULNERABILITY** | ***ATTACK*** | **RISK** |
|---|---|---|
| 1st **Vulnerability**(↓NFkB) | ***Suppress*** required **Survival gene** NFkB | **NONE** |
| 2nd **Vulnerability**(revert/die) | ***Re-differentiate*** *Cancer->Normal or die* | **NONE** |
| 3rd **Vulnerability**(↓ growth/metastasis) | ***Inhibit*** *growth/metastasis* | **NONE** |
| 4th **Vulnerability**(↓or↑Mt Energy) | ***Decrease/Increase*** *Mitochondrial Energy* ***Production*** | **SOME** |

Some non-toxic food components of the human diet can *profoundly lower this age-elevated NFkB gene inflammatory process and also drop the cancer cells' NFkB activation below a "survival" level* ***without compromising healthy immune function***. (**Cancer Unique Vulnerability 1**)

Other non-toxic food components can literally *revert cancer cells to normal non-dividing cells or trigger their suicide*. *They do this by reversing the "epigenetic" change initiated by cancer creation that "silences" "tumor* ***suppressor genes***". *Un-silencing tumor suppressor genes* forces cancer cells back to that of a normal non-dividing cell OR lacking that causes the cancer cell to die. Biology has built into us *a large number of tumor suppressor genes which normally revert or kill off tumors*. ***The pathology of cancer "silences" the expression of these genes - something that can easily and rapidly (hours not days) be reversed***. (**Cancer Unique Vulnerability 2**)

Another slightly wider ranging **Unique Cancer Vulnerability** is the *cancer growth and metastasis (spread of cancer around the body)*. This too can be massively declined or ended. (**Cancer Unique Vulnerability 3**)

Deal with these three fundamental processes and you "*achieve your goals*" with respect to cancer - ***and also our needless inflammatory acceleration toward other "age associated disease"***. The FDA "legally" states that only medical drugs can "cure" cancer, **so you will define** "*achieve your goals*" **to avoid legal problems**. **Since I am not a physician**, **I cannot and will not offer medical advice or prescriptions**. I can provide information that I would use for myself. This alternative information has not been approved by any governmental agency. You will have to use your "sovereign right of choice" to decide what you want to do.

How does this Parr Technique differ from other alternative treatments of cancer. Most alternative treatments grew from observation that some things aided survival of cancer. This was almost always a “bucket load collection of unrelated differing treatments” for each type of cancer. The Parr Technique is based on the latest understanding of the *very underlying nature of cancer* by the most up to date scientific understandings. It is formulated to deal with ALL cancers in a systematic way that attacks fundamental ALL cancer specific underlying mechanisms. For example: the need to elevate NFkB survival and growth gene, the need to silence ”tumor suppressor genes” that would otherwise kill cancer, and a variety of ways found to slow growth and metastasis of all cancers.This is not the bucket load collection of “this may work” or “that might work”. We know from very careful recent science that these are the fundamental Vulnerabilities of ALL cancers that can be attacked right now.

Conventional medical “Cancer therapy” has only produced about a ***5%*** drop *in cancer mortality per 100,000 population (age adjusted) in over **60** years*. Additional to this, chemotherapy and the ionizing radiation from repeated diagnostic CAT (Computer Aided Tomography) scans ***generates more cancer and accelerates the aging process***. This miserable failure has been going on since before hula hoops and portable transistor radios.

One can attack the "**Universal Cancer Unique Vulnerabilities (1 to 3)**” with near zero risk. Note that *we are also eliminating the abnormal cells that may yet turn into another cancer.* This getting rid of abnormal cells on their way to cancer probably mostly takes place with a good healthy normal diet *containing these or similar dietary components that work together* - providing we actually get a “*good*” diet that contains them. This ability to eliminate abnormal cells is ***extremely important in light of the not yet ended true magnitude of Fukushima contamination of the the world***. **This same treatment will act to thwart development of ingested (internal and external) radiation caused cancers. This process involves killing or normalizing pre-cancer & cancer cells (Cancer Unique Vulnerability 2).** This can be used in normal people at yearly intervals to avoid this problem because the **Cancer Unique Vulnerabilities (1 to 3)** are so non-toxic.

Use of the **Cancer Unique Vulnerability 1**, a *Super Hot Cocoa Anti-Cancer Drink* on a regular basis will *lower chronic slowly rising inflammation* that is involved in ***accelerating*** all the major age associated degenerative diseases

(Cardiovascular Disease, Cancer, Type 2 Diabetes, Auto-immunity, and Dementia (including Alzheimer's). The late life relentless rise in continuous (chronic) elevated systemic inflammation may the the *acceleration "cause"* of the observed doubling of the human death rate every 8 years that is a rapidly increasing exponential with advancing age (**Gompertz** formula that predicts observed exponential rate of death with age).

For extremely difficult or late stage cancers, some moderate risk must be taken with attack on the **4th Cancer Unique Vulnerability** that is combined with the risk-less attacks (**1 to 3**) for ***synergy***. The **4th Cancer Unique Vulnerability** exploits the opportunity to kill all cancer cells by ***elevating*** *or* ***decreasing*** *the mitochondrial energy output of cancer cells that is suppressed by cancer* (Warburg Effect).

This process *is not and will never be* just a "hopeful" shopping list of possible actions. That wastes your time, resources, and most of all your hopes. A profound problem of Alternative methods to deal with cancer is the almost endless list of "grasping at straws" & blind alleys that exhausts resources and hope. *This food based technique targets and kills ALL cancer cells from all types of cancer*, with multiple scientifically verified effect. Drugs to accomplish these unique attacks are in the pharma pipeline, but years from final clinical use. We don't need them because we already have diet components that at low levels protected against development of cancer, but need to be at higher levels to "achieve your goals" with established cancer.

*It is now clear that similar inflammatory driven "epigenetic" processes are occurring for many other diseases, toxic chemical and mineral environmental exposures, and the general aging process which also cause an abnormal change in various genes turned on or off. This worsens our health and longevity. Reversing this "**remodeling of our genome expression**" toward a healthier function can be accomplished **right now**. Humans rarely die of old age, they now almost always die of age associated diseases. There is another - much slower - general epigenetic driven aging process ongoing that is separate from this rapid inflammatory driven epigenetic caused huge rise in age associated diseases that curtails our life span. This means that one can both effectively delay the diseases of age and the "remaining" general aging process by the same simple and safe techniques.*

*The wider scope of how similar "simple" but powerful scientific understandings will revolutionize life span and health are to be found at Longer Healthy Life. Purchasing this **PDF** will automatically give you a one year subscription to Longer Healthy Life that entitles you to all current and forthcoming PDF's (like this one) for that year. Just use the **Contact** menu to tell me your Email address and where you purchased it from. Understanding how to deal with cancer has pointed the way to a fuller understanding of maintaining health and longevity. It even allows us to better understand how calorie restriction adds 30-40% to the **maximal** life-spans of mammals like ourselves. This also turns out to be a "beneficial" epigenetic change process that rebalances the tradeoffs of repair and maximal reproductive potentials, energy exertion, and fat storage potential that nature favored in an environment of "an alternation between excess food and starvation" that led to a "live fast with enough extra fat for hard times and die too soon" genetic **and** epigenetic program.*

*I am Ty Parr, Ph.D. (Biology, U. of Chicago 1984). My education credentials, work history, and publication list is available at the Site Structure section of LHL.net . I have worked in various molecular biology and immunology positions that have given me a great understanding of this altered gene expression in both aging and the age associated diseases.*

*I have provided a deep level **current scientific understanding** of these **Unique Cancer Vulnerabilities** and a detailed explanation of the **scientific basis for the ability of particular food components to ATTACK cancer in Section B**. These are all documented in cited references (clickable URL's) to peer reviewed scientific papers. It can occasionally get a little involved. I have tried to make it clear and simple as possible without compromising the underlying science. **Do not think you need to remember every fact or example**. What is needed is a precise knowledge of "**WHAT ONE NEEDS TO DO**" and a "GENERAL UNDERSTANDING OF THE SCIENTIFIC **WHY IT WORKS**". Forgive me if I get carried away in details that I consider important to understanding - you just don't have to remember all - just get a sense of **HOW IT WORKS** and **WHAT YOU NEED TO DO to "achieve your goals"**.*

# SUMMARY

Cancers are very good at thwarting conventional medical treatments. Since 1950, there has been only a **5%** reduction in cancer deaths per 100,000 USA population (age adjusted). This is widely suspected by most people, but rarely stated.

***Cancer cells can be killed or reverted to normal cells by attacking a*** *very small number* ***of unique cancer vulnerabilities****. To* ***attack*** *this* ***small number*** *of* ***unique cancer vulnerabilities*** ***does not require horrendous*** ***chemotherapy poisons.*** ***Cancer is not robust, instead it is very vulnerable****. The problem is that "****conventional medical therapy****" usually* ***targets your DNA*** *with DNA damaging mutagens and may use other very toxic poisons.* **DNA synthesis** ***is not one of these unique cancer vulnerabilities.*** *Our bodies have many "normal" dividing cells****.*** Current chemotherapy poisons often rivals the cancer in damaging and near killing the patient. After a chemotherapy, ask the survivors about the effects on the quality of their lives !

*Science is discovering that* ***many food components can kill cancer cells*** ***or revert them to normal non-dividing cells.*** *Many food components can also lower the* ***pro-aging*** *and* ***pro-disease "gradually rising chronic inflammation with age".*** *This slowly rising continuous inflammatory process* ***is a hallmark of aging and may be the accelerating process that augments all age associated diseases we get****. While much scientific effort is now devoted to finding drugs that do similar things, we already have food components that can accomplish this* ***without toxicity****. This absence of toxicity* ***allows us to use several of these safe food components together*** ***"to gang up on each"*** *of these* ***unique cancer vulnerabilities.*** *Simultaneous intake of several of these different food components can* ***multiply*** ***the effect on a "single" unique cancer vulnerability****. This is especially true when they act through different mechanisms.*

*When two separate different actions performed together result in much greater effect than the sum of each performed separately, the result is "****synergy****". An even greater "****synergy****" results* ***when one attacks all of this small number of unique cancer vulnerabilities*** ***at once. This is far from our current conventional medicine dependence on a single extremely toxic DNA poison***

***or at most two very toxic poisons to treat cancer. The extreme toxicity of these poisons limit how many they can put together.***

*Medicine* ***has shown innovative use of synergy in HIV*** *(AIDS). AIDS was rapidly lethal during "****single drug****" therapy, but several different drugs with different specific mechanisms acting with synergy of effect has ended the plague of AIDS deaths. This combination of several differently acting drugs acted to attack the AIDS problem from enough different directions that it has largely faded from consciousness. This is called combinational therapy in AIDS. High toxicity of current conventional medical therapy prevents this with cancer. Food component based treatment is so non-toxic that multiple attack components can be used on each* ***unique cancer vulnerability.*** Since there are ***few unique cancer vulnerabilities***, one can accomplish synergy in our attacks. *One can do a* ***synergistic "combinational therapy" against cancer with*** *NO RISK* ***"food components"*** ***that results in "achieving your goals".*** This is not even in the "mental vocabulary" of conventional medical chemotherapy.

*This practical understanding of* ***scientifically verified*** *food components that have these effects on cancer is rapidly growing. They include components of* ***ginger root*** *(zingerone),* ***broccoli sprouts*** *(sulforaphane),* ***garlic*** *(diallyl disulfides),* ***clove oil*** *(eugenol),* ***turmeric*** *(curcumin),* ***fish oils*** *(EPA & DHA),* ***butter and cream*** *(butyrate, CLAs),* ***orange oil*** *(Limonene), and many more.* ***The effects of these food components and their "combined synergy" are very powerful.*** ***We don't have to wait for expensive drug trials and yet more expensive toxic drugs with bad side effects.*** ***Consumption of these food components is virtually*** *with out RISK. Humans have been consuming these for millennia. A healthy diet including* ***high levels of antioxidants*** *can be taken with these "****special food components****" because* ***one is not depending on huge free radical damage with extremely toxic DNA chemotherapy poisons.*** *Antioxidants are virtually prohibited during chemotherapy treatment.*

*Most people that have not gone through chemotherapy will "****achieve their goal****" with this* ***risk free attack****. Some rare, late staged, or multiple chemotherapy treated cancers are difficult. This is due to the* ***nature of the cancer*** *and also* ***previous chemotherapy that selects for survival the most malignant (invasive) and resistant cells****. For these we can use a* ***final unique cancer vulnerability****, albeit one with some low to moderate risk. That risk is nothing*

*relative to the toxic poisons of our last 60 years This says nothing about the loss of 'quality of life' by damaging chemotherapy.*

***This PDF will give you a "practical" scientific knowledge on FIVE major areas:***

***1. The reasons for the lack of success of current cancer therapy.***

***2. Ability to ATTACK without RISK, three unique ALL cancer vulnerabilities.***

***3. Simple, no RISK methods to block cancer growth and metastasis. (spreading to other areas of the body, which is the usual cause of death)***

***4. Clear and simple instructions and SOURCES for the relatively inexpensive specific food components used in the above ATTACKS to kill or revert cancer cells to normal without RISK. These can be taken in a wonderful Hot Cocoa mix and an orange flavored drink. Only modest changes in diet are needed. Those changes will help you live much longer after you "achieve your goals" with cancer.***

***Late staged cancers and some difficult cancers (especially post-chemotherapy cancer return) may require use of the final additional fourth unique cancer vulnerability.*** *"**Achieving your goals**" for even these cancers can be accomplished by a simple mechanism based on a discovery by the 1931 Nobel Prize winning Otto Warburg. Warburg found that **cancer cells massively reduce mitochondrial energy production**. **They must do this to survive**, Now we have the practical means to attack this fourth **unique cancer vulnerability**.*

***5. Techniques to increase or decrease the energy production by our cellular energy engine (mitochondria) that "achieve your goals" for these cancers,*** *even very difficult and late stage cancers that are nearly all lethal.* *Normal cells are not much bothered by this minor effect.*

***The central purpose of this document is to allow you to "achieve your goals" with a simple, easy to prepare and consume, as well as delicious means to ATTACK the "UNIVERSAL" Cancer Unique Vulnerabilities (1 to 3) with near ZERO RISK. For extremely difficult or late stage cancers, some***

*MODERATE RISK* ***must be taken with a*** *4th* **Cancer Unique Vulnerability.** ***This also benefits from MULTIPLE INTERACTIVE SYNERGY*** *with LOW or NO RISK* ***ATTACKS on "UNIVERSAL"*** **Cancer Unique Vulnerabilities** *(1 to 3)*. ***This understanding is not and will never be just a "hopeful" shopping list of possible actions. That wastes your time, resources, and most of all your hopes.***

# *The Four* **Unique Cancer Vulnerabilities*:***

| **VULNERABILITY** | ***ATTACK*** | **RISK** |
|---|---|---|
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| 3rd **Vulnerability**(↓ growth/metastasis) | ***Inhibit*** *growth/metastasis* | **NONE** |
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## First(1st) **Unique Cancer Vulnerability**

(↓NFkB = suppress NFkB gene activation)

***RISK NEAR ZERO***

**VULNERABILITY*: Cancer cells,*** *especially the most malignant (invasive) types****,*** *must continuously produce high levels of an "activated" form of the* **NFkB** *gene. This activated NFkB gene then produces various stress related survival products enabling cancer survival and growth. Normal cells produce this activated gene when needed (infection, tissue damage, stress, etc.), but then end its active status and products.* ***Cancer cells cannot survive without producing high levels of*** *constant* ***NFkB activation.*** *One does not have to, and* ***should not*** *block all NFkB activation* ***(****this is lethal to us!****), we only need*** *only a small enough*

*lowering of the level toward normal to "achieve our goals" with cancer**.** Food components are ideal for this.*

**ATTACK*: Suppress Cancer*** required ***"Survival gene"*** NFkB*. (↓NFkB)*

*Suppress NFkB activation with multiple different acting non-toxic food components.*

**WHAT TO DO:**

*Drink a **"Super Anti-Cancer Hot Cocoa DRINK"** that also contains ginger powder, clove oil, curcumin, cream, cocoa, orange oil flavoring, and $NaHCO_3$ **. Sweetening by stevia or xylitol, not other sugars. Sugars like glucose or rapidly available carbohydrates** feed **cancers.***

## Second(2nd) Unique Cancer Vulnerability

***(elevate tumor suppressor genes = revert to normal or die)***

***RISK NEAR ZERO***

**VULNERABILITY*:*** *All cells have many tumor **suppressor genes** that either kill **or** revert to a non-dividing normal cell. This occurs to any cell that is sufficiently **abnormal, especially including Cancer cells. Cancer cells suppress production of these gene products**, thus **"silencing"** these genes by an epigenetic mechanism**.** Reactivating these "**tumor suppressors**" f**orces a choice upon cancer cells**: revert or die**.***

**ATTACK*: Re-activate these "tumor suppressor" genes***

*Re-differentiate Cancer -> Normal (non-dividing) cell OR kill. (revert or die)*

*Some food components cause cancer cells to become normal cells, failing that they can cause cancer cells to commit suicide via the "tumor suppressor" genes. **The lack of these food components in the diet may be responsible for high cancer incidence.***

**WHAT TO DO:**

*Consume these foods or these supplements daily:*

| *Foods* | *(OR)* | *Supplements* |
|---|---|---|
| Natural omega-*3 fatty acids: Alaskan salmon (fresh/canned)* | | *Fish oil capsules (**EPA & DHA**).* |
| *Season with garlic powder (**diallyl disulfide**).* | | *Garlic powder (no garlic stink!)* |
| *Eat broccoli sprouts x 3 daily (Sulforaphane)* | | *Sulforaphane/sprouts pill* |
| *α-D-Limonene* | | *Take capsules of α-D-Limonene* |

*Butyrate Fatty Acid - Consume 30-50% of fats as Cream (in the the **Super Anti-Cancer Hot Cocoa DRINK** (cream or butter are each 3-4% butyrate, no other*

*dietary source is that high, but with the right soluble fiber - your beneficial colon bacterial can produce even more !)*

## Third(3rd) **Unique Cancer Vulnerability**(suppress growth/metastasis)

***RISK NEAR ZERO***

**VULNERABILITY*:*** ***Metastasis*** *is the spread of cancer cells from original location. The "metastasis stage" is a* ***vulnerable*** *state for a voyaging cancer cell. Cells detaching from the protection of a larger tumor are vulnerable to being unable to find a target tissue to bind it,* ***and*** *finding conditions too difficult to start a new colony that can grow into a tumor. Most cancer deaths are due to the metastasis of cancer cells that have escaped the initial tumor and then cripple one or more needed organ.*

**ATTACK*: Inhibit*** *Cancer growth/metastasis (suppress growth/metastasis)*

*Some food components greatly prevent metastasis (spreading of cancer). These are purified (enriched)* ***flax seed lignans****,* ***fish fatty acids EPA & DHA, and modified Pectin****. Another technique to thwart growth and metastasis depends on neutralizing cancers' exporting of "acids" to poison the surrounding normal tissues for invasion. Simple household* ***$NaHCO_3$ (sodium bicarbonate)*** *interferes with this by being an acidity buffer. Buffers diminish this poisonous acidic environment. All of these have different mechanisms of ATTACK.*

**WHAT TO DO:**

*Eat some "purified" flax seed lignans daily. (these can be sprinkled on fish dinner or added to the* ***EPA & DHA Drink*** *covered later)*

*Be sure to obtain the needed total* ***EPA and DHA from fish oils***

*Consume* ***modified citrus pectin*** *that binds to tumor cells preventing metastasis*

*Drink a diluted solution of* ***sodium bicarbonate $NaHCO_3$*** *over the day to buffer cancers' "acidifying" invasion style.*

*The Diluted* ***sodium bicarbonate $NaHCO_3$*** *solution can be made up in the* ***"Super Anti-Cancer Hot Cocoa DRINK" for slow delivery over the day.***

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***This whole protocol for RISK-LESS ATTACKING Unique Cancer Vulnerabilities 1-3 comes down to a VERY FEW Simple things to do:***

***1.*** *Slowly sip* ***"Super Anti-Cancer Hot Cocoa DRINK" three times a day***

*(contains: cocoa powder, Ginger powder, curcumin, clove oil, and cream,& $NaHCO_3$)*

***2.*** *Slowly sip a orange flavored* ***EPA & DHA DRINK three times a day***
*(this also contains Vitamin D3, Vitamin C and modified citrus pectin and purified flax seed lignans)*

***3.*** *a.Consume* ***Salmon or Sardines seasoned with garlic powder and Flax lignans***

*b.Make & eat* ***broccoli sprouts*** *or take* ***supplement*** *of isolated broccoli sprouts*

*c.Take a supplement of* ***α-D-Limonene (orange flavor from the peel of orange)***

***That is all that is needed for ATTACKING VULNERABILITIES*** *1 to 3 without RISK*

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***Please*** *do not do any of these actions until you read the* ***D. DETAILS section*** *below as* ***there is more you need to know to do this with MAXIMUM*** *effect.* *Don't waste precious time, money,* ***and your hope*** *without knowing the* ***D. DETAILS section.*** *Don't think you can do this without the timing, quantities, and methods in the* ***DETAILS section****. Failure to get the synergies right will greatly lessen the benefits that will compromise your "achieving your goals".* ***Unless you get these full synergies, don't waste your time with this.***

*This must be consumed with a good diet and specific mineral, vitamin, and supplement additions as well as* ***avoidance of any sugar intake that*** *feeds the cancer (regular or flavored xylitol and stevia can give you the sweet taste if desired)****.***

*All of the food components that* ***ATTACK unique cancer Vulnerabilities*** *1, 2, and 3 should be continued on a daily basis till you* ***"****achieve your goal.****"*** *This should lead to clear progress in a few months. These* ***ATTACKS*** *are without* ***RISK****.* *You can start even before surgical removal of the tumor (should that be necessary) and continue on thereafter.* ***As soon as a tumor is discovered, the ATTACK*** *on the Third (3rd)* ***Vulnerability*** *(↓growth/metastasis)* ***should be started****.*

*If the tumor is large enough to require surgical removal (or radiation), one will have to suspend the* ***ATTACK*** *(↓NFkB) on the First (1st)* ***Cancer Vulnerability*** *for 1-3 weeks* ***as recovery requires NFkB activation for tissue damage repair****. Some time (at least 2-3 weeks) after major de-bulking surgery must elapse before continued using of the 1st* ***cancer unique vulnerability*** *(↓NFkB)****.*** *One may continue* ***ATTACKING*** ***unique Vulnerabilities*** *2* ***and*** *3 when one is well enough after the surgery as they do not suppress normal NFkB tissue healing.*

*Why is one using* ***"food components"?*** *To accomplish* ***ATTACKS*** *on* ***Cancer Unique Vulnerabilities 1 to 3*** *:*
*1. They are non-toxic to normal cells,*
*2. they are have a long human history of safe use (RISK near ZERO), and*
*3. Synergy of multiple independent acting food compounds attacking a* ***unique cancer vulnerability*** ***is much more powerful against cancer cells that any single highly toxic chemotherapy agent*** *because it strikes at the underlying* ***vulnerability*** *(detailed later).*

*This especially contrasts with mono-chemotherapy with a "toxic drug" that you know has a history of failure with many often lethal cancers with little improvement in mortality per 100,000 population (age adjusted) in some 60 years. Do not assume that the combined effects of these food components are small. They are so* ***profoundly powerful*** *that recent scientific conferences and scientific papers are touting them. What science has not yet done is to use these in a combined* ***synergetic*** ***ATTACK*** *that overwhelms* ***Cancer's Unique Vulnerabilities*** *without RISK. This is a case of not understanding what we learned from the difficulty of combating the HIV virus with successful combinational therapy. This profound multiple action synergy* ***is only possible because one is using non-toxic*** *food components that have a long safe history of human use.*

***ATTACKING*** ***Vulnerabilities*** *First to Third together will probably "****achieve your goal****" in well over 90% of cancers (both commonly lethal and less dangerous cancers that are routinely cured by giving you toxic poisons). ATTACKING* ***Cancers' Unique Vulnerabilities*** *1- 3 are virtually without RISK, but* ***ATTACKING*** *the Fourth* ***Vulnerability*** *has* ***some*** *RISK. The last* ***(****Fourth****)*** ***Vulnerability*** *is only for cancer that proves to be extremely difficult (often with multiple chemotheray cycles) or at a late stage.* ***Don't start this unless you***

***need to.*** *If you decided to also do the 4th* ***Vulnerability****, continue* ***ATTACKING Vulnerabilities*** *1, 2, & 3****.*** *Synergy for "achieving your goal" is not only within each* ***Vulnerability*** (1,2,&3)***,*** *but also between various* ***Vulnerabilities.***

Fourth (4th) **Unique Cancer Vulnerability** (elevate or suppress mitochondrial (energy engine in cell producing ATP energy currency) energy production)
*RISK LOW TO MODERATE*

**VULNERABILITY*:*** *Normal cells produce most of their energy by burning glucose and fats to $CO_2$ (carbon dioxide) in their mitochondria. The mitochondria is a organelle (small organ within the cell) that produces almost all of a normal cell's energy. This process is called "oxidative phosphorylation". There is a second, alternate process that extracts much less energy from glucose by simply splitting it in two. This second process is called "aerobic glycolysis". Since the 1930's we have known that cancer cells decrease the amount of energy produced by burning glucose to $CO_2$. Cancer cells get only about 35-25% of their energy from this $CO_2$ producing process. Both oxidative phosphorylation and glycolysis occur in both normal and cancer cells. Normal cells greatly prefer oxidative phosphorylation, since it is by far the most energy generating. Cancer cells, by contrast, are obliged to use "aerobic glycolysis", because they revert to normal non-dividing cells or die if mitochondrial energy is elevated or depressed from the cancer's carefully chosen suppressed level. Since "aerobic glycolysis" is less energy yielding than oxidative phosphorylation,* ***cancer cells must consume enormous amounts of glucose*** *in order to generate the energy needed to survive and proliferate.* ***If cancer cells are forced to decrease or increase the amount of energy produced by the mitochondrial $CO_2$ process, they REVERT or DIE****. Cancer cells have set the oxidative energy production high enough to gain some energy, but cancer cells limit this mitochondrial energy production to a low set point to avoid death by excessive free radial triggered mitochondrial suicide. Normal cells tolerate these forced changes very well.*

**ATTACK:** ***Suppress*** *OR* ***Increase*** *Mitochondrial Energy* ***Production***

*We can* ***force*** *cancer cells to moderately decrease or greatly increase* ***the production of energy*** *from the mitochondrial $CO_2$ production oxidation process.*

*(1)* ***Methyl jasmonate*** *and (2)* ***Graviola (PAW PAW) decrease mitochondrial oxidation****, while (3)* ***Dichloroacetate*** *increases this mitochondrial $CO_2$ energy production process.* ***PLEASE NOTE*** *that* ***one can ONLY do any one of these three techniques at a time in the 4th Vulnerability ATTACK****. One will have to*

*choose which one to do first* ***on the basis of type of cancer and degree of life threatening situation****. This choice will be covered later in more detail (in the* ***D. Details Section*** *).*

**What TO DO:** *The fourth vulnerability is* ***ATTACKED*** *ONLY if the cancer is late stage, has reoccurred after chemotherapy as a very resistant type, or otherwise intractable to the other attacks.* ***Only one of the three techniques listed here should be done at a time****. If your situation is not immediately life threatening, then do them in the order presented (1, if not successful, then 2, if not successful, then 3). It is unlikely that you will ever need 3. This order is chosen to ensure less* ***RISK*** *first, then only later more* ***RISK****. One must not do 1 and 2 simultaneously despite both depressing mitochondrial energy production,* ***as the combination may cause a harmful high level of energy restriction to the normal cells****.*

**Serial Techniques for Difficult, Late Stage or Intractable Cancer:**

*1.* ***Suppress mitochondrial oxidation -*** *Inhaling* ***methyl jasmonate*** *via Vicks steamer(like you would eucalyptus oil for a stuffy nose).* *LOW/NO RISK*

*2.* ***Suppress mitochondrial oxidation*** *by ingesting an extract from Graviola or PAW PAW trees (similar species with similar compounds).* *MODERATE RISK*

*3.* ***Elevate mitochondrial oxidation -*** *by taking* ***dichloroacetic acid (DCA).*** *This is the only substance in this protocol that is not part of natural food or botanical sources. It has been used safely in other disease treatments for years.* *LOW TO MODERATE RISK*

***OTHER VULNERABILITIES*** *?*

*Are there other* ***unique cancer Vulnerabilities****?* ***Yes,*** *in cancers a number of various growth promoting genes called oncogenes become altered by mutation, duplications, or merely higher transcription (RNA production) rates to cause uncontrolled cell divisions. The problems here is that one must know exactly which of these various oncogenes is involved in the particular tumor. This must be tested for by various analytic techniques. Unfortunately, we have no simple food based mechanisms to stop or reverse these altered genes.*

*Instead of this more technical and limited approach, one needs to ensure the cancer cell reverts to normal or dies to avoid becoming a growing cancer. This is accomplished in* ***ATTACKING*** *the 1st (↓NFkB gene activation), 2nd (revert (to normal or die)* ***cancer Vulnerabilities.*** *The 3rd* ***cancer Vulnerability*** *(↓growth/metastasis) allows us to minimize or avoid the metastasis (spread) of cancer.*

*Thus, many other **unique Vulnerabilities** are not easily targeted except with drugs and extensive measurements and laboratory studies. Even this "**targeting**" has not turned out to be easy even with deadly toxic drugs and specific knowledge. None of these are required to "**achieve your goal**". Notice that the typical treatment for these "oncogenes" is typical toxic chemical mono-therapy that has failed so often in the last 60 years. **Synergy of multiple ATTACKS** without **RISK** is a better technique.*

> "Carcinogenesis is the uncontrolled growth of cells gaining the potential to invade and disrupt vital tissue functions. This malignant process includes the occurrence of 'unwanted' gene mutations that induce the transformation of normal cells, for example, by **overactivation of pro-oncogenic pathways and inactivation of tumor-suppressive or anti-oncogenic pathways**. It is now recognized that the number of major signaling pathways that control oncogenesis is not unlimited; therefore, suppressing these pathways can conceivably lead to a cancer cure. **However, the clinical application of cancer intervention has not matched up to scientific expectations.** Increasing numbers of studies have revealed that many oncogenic-signaling elements show double faces, in which they can promote or suppress cancer pathogenesis depending on tissue type, cancer stage, gene dosage and their interaction with other players in carcinogenesis. This complexity of oncogenic signaling poses challenges to traditional cancer therapy and calls for considerable caution when designing an anticancer drug strategy. We propose future oncology interventions with the concept of integrative cancer therapy." **< we are nowhere near the depth of understanding of the whole** epigenetic/genomic **control system to have such fine tuned abilities right now, despite this we can "achieve our goals" with cancer with what we do know ! >** ***Pro-oncogenic and anti-oncogenic pathways: opportunities and challenges of cancer therapy***. Zhang J, Chen YH, Lu Q. Future Oncol. 2010 Apr;6(4):587-603. **< all comments made in bold between end markers < & > are comments of current author to**

**clarify a quote and all bolding or color within a quote is current (Ty Parr, PhD) author's emphasis >**

***WHAT SHOULD YOU NOT DO ?***

*Cancers thrive on**, indeed**, **require,** **glucose** to survive and grow. **One can enjoy the taste of sweetness** without **typical sugars or readily available glucose sources**. Cancer lives on sugars, especially glucose. One can have sweetness of plain or flavored **xylitol** (almost the same as sugar) or **stevia.** Eating "real sugars like glucose" or foods rapidly converted to glucose is feeding the cancer! A **glycemic index** is a **list of the rate of availability of sugars from various foods**. Such as list can be found in **LongerHealthyLife.net** in **DIET I** section. **You should not eat any carbohydrate source higher than 55 on the glycemic index scale**.*

***NOTES***

***Surgical removal of larger tumor masses is wise and often necessary**. Radiation for inoperable cancer locations is sometimes a necessity, **but often has a decade later decline in mental ability.***

*The first reason for this needed "de-bulking" of a large tumor is the debris from cell death of huge tumors can damage (plug) kidney function. The second reason is a huge tumor may shield some/many tumor cells from exposure to the treatment components. **This paper is not against medicine in general, just the ineffective and damaging chemotherapy that has largely "not" worked for over 60 years - but continues nearly as ineffective as 60 years ago !** We need cancer treatments that are less toxic to normal cells but more **targeted** at **cancers' unique Vulnerabilities in a way that gangs up on cancer, not on normal cells**.*

*An honest assessment of conventional chemotherapy's contribution to **5 years survivals** has been published in a "peer reviewed" medical journal.*

> *"**The overall contribution of curative and adjuvant cytotoxic chemotherapy to 5-year survival in adults was estimated to be** 2.3% **in Australia and** 2.1% **in the USA...** To justify the continued funding and availability of drugs used in cytotoxic chemotherapy, a rigorous evaluation of the cost-effectiveness and impact on quality of life is urgently required."* ***The contribution of cytotoxic***

***chemotherapy to 5-year survival in adult malignancies***. Morgan G, Ward R, Barton M **Clinical Oncology** (R Coll Radiol). 2004 Dec; 16(8):549-60. REF
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*"Doctor Ulrich Able, a German epidemiologist of the Heidelberg Mannheim Tumor Clinic, has exhaustively analyzed and reviewed all the main studies and clinical experiments ever performed on chemotherapy .... Able discovered that the comprehensive world rate of positive outcomes because of chemotherapy was frightening, because, simply,* ***nowhere was scientific evidence available demonstrating that chemotherapy is able to 'prolong in any appreciable way the life of patients affected by the most common type of organ cancer****.' Able highlights that rarely can chemotherapy improve the quality of life, and he describes it as* ***a scientific squalor while maintaining that at least 80 per cent of chemotherapy administered in the world is worthless****. Even if there is no scientific proof whatsoever that chemotherapy works, neither doctors nor patients are prepared to give it up* (Lancet, Aug. 10, 1991).

*None of the main media has ever mentioned this exhaustive study: it has been completely buried"* (Tim O'Shea, "Chemotherapy – An Unproven Procedure")

*Conventional chemotherapy kills most of the tumor cells.* ***It fails to kill drug resistant escaping cancer cells*** *that develop a greater genetic strain diversity than the original cancer strain.* *Of equal importance, it does not get rid of* ***cancer stem cells, multiple drug resistant cells, or even extremely anoxic (lacking oxygen) tumor cells.*** *These survivor cancer cells* ***are selected to live by standard medical chemotherapy. Usually, these surviving resistant cancer cells end life when they re-grow to incapacitate a vital organ. Sixty years of this is enough !***

*The (****D.) DETAILS*** ***section*** *of this document fully describes all components that are used to* ***ATTACK*** *all* ***Four of unique cancer Vulnerabilities.*** *The* ***DETAILS section*** *provides all the information about how much, when in the day, preparation, and* ***SOURCES*** *for these food components and the Fourth (4th)*

***Vulnerability*** *components. For many components(but not all), supplements can be used instead of direct food component ingestion. Ease of preparation and enjoyable consumption of these components is emphasized. Normal healthy diets are modified only slightly.*

***Please*** *do not do any of these actions until you read the* ***D. DETAILS*** *section below as there is* ***more you need to know to do this with MAXIMUM effect****. Don't waste precious time, money,* ***and your hopes*** *without knowing the* ***D. DETAILS*** ***section.***

# STATEMENT OF PURPOSE & WARNING

I, **Tyler Parr, Ph.D. AM NOT A MEDICAL DOCTOR and the information provided provided here is not intended to diagnose, treat, cure or prevent any disease**. ***This offered information is what I would do for myself*****, which may be an "alternative" to state approved medical treatment. It is your sole responsibility to check and verify the information and credentials and the affects of these suggestion on you. On no occasion should you treat this information as a medical prescription or medical advice of any kind. You should always consult your health care professional for individual guidance for specific medical concerns. Persons with medical conditions should seek professional medical care and counsel.**

The **statements on my website (http://www.longerhealthylife.net) and in my Subscriber PDFs have not been evaluated by the Food and Drug Administration**, **or other governmental agencies or official bodies**. The suggestions and conclusions reached here are based on published peer reviewed scientific papers and my own personal experience. This information is what I would do if faced with these situations.

**All of the Legal Disclaimers published in the Legal section (**http://www.longerhealthylife.net/Legal.html**) of my web site apply as well to these PDF's for Subscribers. To obtain this PDF legally, you were obliged to read the**

**Legal and Privacy section (**http://www.longerhealthylife.net/Privacy.html**) of the web site. I stated there that a purchase initiated by clicking on the Pay Pal button constituted an acceptance of the ONLINE CONTRACT in the Legal section.**

*This is **NOT** a prescription or a suggestion to use this information. This is only information. **You will make the choice of what you wish to do**. It is your **sovereign right and duty** as an adult to decide what you will do for your self. All the organized medicine in the world cannot force you to take their ineffective DNA poisons that are so very often lethal failures for the commonly lethal cancers and detrimental to the quality of life for most "cured" survivors. This disaster has been going on for over 60 years.*

***The US FDA (Food and Drug Agency) insists that cancer can only be treated with medical (pharmaceutical) drugs**. **This policy is enforced by the law**, I respect the scientists at the FDA **who do not have conflicts of interests by financial ties to the pharmaceutical companies**. However, I believe this **"Only by Drugs"** is to ensure profits for the pharmaceutical companies by maintaining a "strangle hold" control **over what has turned out to be ineffective medical cancer treatment for some 60 years.***

*What offers higher profit to pharmaceutical companies ? Simple inexpensive cure or multiple repeated treatments with very expensive patented and toxic "drugs" along with very expensive and largely ineffective "medical specialists" repeatedly administering them till the death of the patient/victim. Even the "cures" leave the "cured "person diminished in quality of life! Just ask someone who has been through the process !*

*Considering 60 years of only a 5% decline in deaths per 100,000 population in the USA, I respectfully disagree with their approach**.** I do not respect the political oriented administrators of the current "FDA" or our "Food Czar" who are former Monsanto executives or representatives. The people of the USA deserve better than "what in my opinion" is **special interest political hacks.***

*This paper documents the scientific evidence that many food components used against multiple of **unique cancer Vulnerabilities** generates a **"multi-synergy"** that is very effective in **"achieving your goals". This term "achieving your***

***goals" - I will leave to be defined by you.*** *All comments will refer only to* ***"achieving your goals".*** *I think this should be clear enough for* ***"legality".***

*Be forewarned, these ideas and information are not ever intended for children, pregnant, or nursing women, as these are much more constrained by the needs of the fetus, infant, or child. This information is only for mentally competent adults.*

*My purpose is to acquaint you with* ***scientifically established*** *known alternatives that I have carefully studied for* ***low potential toxicity to normal cells*** *and efficacy for low or no risk* ***multiple component "lethal synergy" for killing or "terminally differentiating" of cancer cells.*** *These represent the latest scientific knowledge translated to use with specific food and spice components. These foods have been safely used by humans for thousands of years. You will have to decide if this will "****achieve your goals****". I am convinced by numerous successes in "****achieving their goals****".*

*All of the information described above can be done (and is currently being done) by individuals without any medical assistance. Many individuals are already using these techniques to "****achieve their goals****".* **However**, **please discuss this with your physician before taking any action**. *He probably won't have a clue about this. What one don't know is usually rejected out of ignorance. Most practicing cancer physicians have almost NO knowledge of the emerging scientific understanding of cancer. They work in the "barbaric past" of "ineffective but deadly toxic DNA poison use". Sorry to say, but it is true ! They know it, it angers them, but not enough to force changes.*

*I am Ty Parr, a Ph.D. in Biology (University of Chicago, 1984) who has published in multiple peer reviewed aging and immunological scientific journals. My peer reviewed scientific publication list and educational background is available for perusal at the* ***Site Structure*** *section of* ***LongerHealthyLife.net****.* ***As a Ph.D. I have no legal right or intention to offer a prescription or give "medical" advice. Thus, I have delivered this information as just that - information.***

*Do remember that cancer therapy of commonly lethal cancers is a huge source of profit for the Drug-Medical establishment that has only improved age adjusted mortality per 100,000 individuals in the USA by a measly* ***5%*** *in 60 years of*

*"progress". Other disease deaths like heart disease have decreased by 64% and stroke by 74% in this same time period.*

*In the USA, the Drug-Medical industry* ***is locked into "only" solutions that make them a great deal of profit****. Effective but inexpensive "****achieving of goals****" would not continue this high monetary reward nor support the huge investment in cancer therapy centers. I have some compassion for cancer doctors (oncologists) who are trapped in this system. They can't conduct treatments with anything out of the current medical standards or will be disciplined or removed from practice.* ***This represents a strangle hold of the FDA/drug industry's financial rewards at the cost of your life.*** *Welcome to the new American capitalism. We used to make desirable real things and solve real problems. Now our huge corporations just bleed us dry or kill us at great expense for their higher profits.*

***Sixty years of failure is enough !***

**Section D. Simplified Protocol and Full Detailed Protocol is available to SUBSCRIBERS ($30/ year with all completed PDF's delivered)**